

## **Pinhole Glasses – Are they Really Good for the Eyes?**

Those who are tired of wearing eyeglasses and contacts are on the constant lookout for ways to [improve eyesight](#). With recent technology such as LASIK, one can get a clearer view of the world but with an expensive price tag. It has been proven to be effective but is quite a complicated procedure. That's why when simple and cost-efficient solutions are presented such as using pinhole glasses, many become skeptic. This is perhaps because many believe that the best treatment often comes in expensive packages.

### **Cheap, Simple and Effective**

Yes, many believers of Natural Vision Improvement use the above adjectives to describe pinhole glasses. Unlike LASIK that uses high-level technology, this method to correct vision only consists of simple materials such as perforated plastic lenses. It could be set in either metal frames or plastic frames. Although it's a simple technology, the benefits that users get from it are not close to simple. In fact, with proper training- the result of using such a simple device is the same as using high-tech and expensive vision correction procedures.

### **The Benefits**

The main benefit of using pinhole glasses is to [improve vision](#). It also makes way for a clearer vision and a cost-effective solution for refractive eye disorders. When light rays are incorrectly focused on the eye's retina, this could lead to a refractive eye disorder. What the pinhole glasses do to improve this situation is to increase the brightness of the object especially during low-light situations. It's also a great solution for those who are suffering from computer vision syndrome.

### **Using It without Prescription**

You don't need prescription to wear this kind of glasses. You do however have to train yourself to get used to wearing it. There are also some other preparations needed to make it even more effective. For beginners, they can wear the glasses for 5 times a week at 30 minutes per day to get the best results. However, you can choose to wear in a shorter period of time if you are still not used to it. Keep in mind that wearing it as a daily habit will soon let you see the world in a clearer eyes.

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